

# Double F Ranch

## MEET KATIA & NATHAN



**Region** Antelope, OR

**Ranchers Since** 2008

**Methods** Pasture-raised, grass-finished, free-range

**Products** Meat CSA featuring grass-finished beef and lamb, pastured pork and chicken, free-range eggs

**Katia & Nathan** (541) 489-3212

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## About Double F Ranch

Nathan and Katia Steckly are 4th-generation ranchers at Double F Ranch in Antelope. Nathan's great-grandfather homesteaded the property in 1902, and it has been in production ever since. Following the example of previous generations, Nathan and Katia act as stewards of the land to produce food in a sustainable manner while also improving the land and soil for future generations. Their do-it-yourself mantra drives their commitment to quality. They raise hay, and grow and mix their own feeds, which lets them focus on raising well-nourished animals. They sell meat, eggs and other farmstead products including soap and yarn through a monthly CSA.

*"We do everything ourselves, it's local in every aspect."*



### Why a CSA?

"It's a commitment from the producer and the consumer. We get to know our customers and it creates community. We all share recipes and our customers get to try new cuts."

### What's important to you?

"Quality. We grow our own feed with a focus on micronutrients and a balanced diet for our animals. We're proud of it. We do everything ourselves so it's local in every aspect."



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